



FOR IMMEDIATE RELEASE
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MEDIA UPDATE ON OBESITY PREVENTION

Greencastle--- To continue the enthusiasm generated from October's "Obesity Prevention Summit: A Commitment to Act," State Health Commissioner Judith A. Monroe, M.D. will host an obesity summit update on Monday, May 15th at the Putnam County 4-H fairgrounds, U.S. Highway 231 North in Greencastle from 1:00 to 3:00 pm.

During this event, local public health officials from 8 surrounding counties will learn more about ideas discussed at the Obesity Prevention Summit, learn how they can become more involved in obesity prevention planning, and discuss future prevention efforts. Dr. Monroe will be available to share her ideas and help facilitate discussion.

INShape Indiana was launched by Governor Mitch Daniels in July 2005 to motivate Hoosiers to engage in healthy lifestyles. The October obesity summit continued this effort to combat the negative health effects of Hoosiers being overweight and obese.

Approximately 400 individuals representing more than 50 counties and more than 200 organizations participated, including leaders from the medical, business, faith-based, school, and government communities. Representatives from the Centers for Disease Control and Prevention also attended.

Indiana currently has high rankings for obesity, smoking, and lack of physical activity:

- Indiana ranks ninth in the nation for obesity
- 62 percent of Hoosiers are overweight or obese
- 1 million Hoosier adults smoke
- 1 in 4 Hoosiers admit to no physical activity

For more information regarding obesity prevention, log on to www.INShape.IN.gov.

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